

Undressing Consent Impact Report 2024-25

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Executive Summary

Gender-Based and Sexual Violence (GBSV) continues to pose a significant issue on university and college campuses throughout North America. Since 2021, Huron and King's have invested in enhanced efforts to prevent sexual violence on campus through the delivery of a 90-minute, live-facilitated, interactive prevention program titled "Undressing Consent." CREAVWC specifically supported the delivery of Undressing Consent in partnership with Huron and King's.

Undressing Consent is an innovative educational program, known for its interactive approach and live facilitation model. To assess the impact of this program, CREVAWC has been leading program evaluation research. We are deeply grateful for the support of Huron University College, King's University College, and Western University in supporting CREVAWC's program evaluation efforts.

Program evaluation allows us to better understand student perspectives on the program and assess its effectiveness in changing students' knowledge, attitudes, and self-reported behaviors related to GBSV. To gather this data, students were invited to provide feedback at the end of each session (for the purposes of this report, we refer to this as the feedback survey). For more in-depth research, a pre-and post-program survey approach was used. All students, with the support of Huron, King's, and Western, were invited to participate in the pre-program survey, and a post-program survey was shared with those who consented to be contacted. This report includes a high-level overview of the in-depth research results, along with feedback survey findings. CREVAWC publishes independent reports detailing the results of this in-depth research.

"The main thing I took away from wasn't so much the information being shared, this isn't because it wasn't useful information, I just already had sexual teaching. I thought the main takeaway was that Western (and affiliates) care. They take this teaching seriously and want to help. That made me happy."

Results at a Glance

- **86%** of students who completed the pre-program survey agreed that sexual violence is either **a medium or a big problem on university campuses** and **94% agreed** that consent and sexual violence training is **important or very important**. The majority of the students who responded to this question (i.e., 72%) were signed up for sessions intended for women and non-binary students.
- **87%** of Huron and King's students who provided feedback were either **satisfied or very satisfied** with Undressing Consent
- **85%** of participants indicated that they either **strongly agreed or agreed** that participating in Undressing Consent was a **valuable learning experience**.
- **82%** felt the program was effective in meeting its objectives related to improving students' **communication** about sexual activities.

- **88%** of participants felt the program was effective in helping students **unpack sexual scripts**. Particularly, those who attended the **women & non-binary** session indicated a **higher level of agreement** with this statement.
- Among students who attended the women/non-binary sessions and provided feedback on this question, **81%** reported that the program helped them better **understand their boundaries and desires**.
- Among those who attended men’s sessions and provided feedback on the program’s objectives, **86%** believed the program helped them better understand how to **manage rejection**.
- Majority of participants felt that the program helped them (i.e., either a lot or somewhat), specifically in **identifying cues** in sexual interactions, thinking more about what may influence their **perceptions of sex**, supporting **diverse choices**, and reflecting more on their **interactions** with others and on their own **boundaries and preferences**.
- **Major takeaways:** students most often discussed the importance of consent and consent communication, the importance of setting boundaries, how to manage rejection, learning about the influence of sexual scripts, and that sex looks different for everyone, and learning information about gender-based and sexual violence (GBSV) and support services that are available for those who have experienced GBSV.
- Regarding participants’ **feedback** about the program, the majority of comments received for this question were positive and constructive

“Undressing Consent made a difference in the way I reflected on my own desires. I was aware how media influences the [sic.] various aspects of my life but I didn't consider that it impacts my sexual life too. After the workshop, the idea of sex scripts/common sex stereotypes helped me navigate sexual relationships better.”

“I think it helped me feel more comfortable vocalizing concepts related to sexual health and encouraged me to engage in self-reflection surrounding my own preferences.”

The results indicate that students are satisfied with the Undressing Consent program, viewing it as a valuable learning experience. Additionally, a majority of students recognize sexual violence as a significant issue on campus and believe that training on sexual violence and consent is crucial. Students expressed a strong desire to learn more about these topics, including additional in-person sexual health and sex-positive training, information on safe sex and self-protection, and discussions on how consent communication evolves in long-term relationships. Clearly, there is a need and want for more education and training on gender-based sexual violence prevention. The efforts made by affiliates to provide consent and sexual violence education are crucial, and continued investment in these initiatives will contribute to making our campuses safer for students.

What do we know about Gender-based Sexual Violence on Post-secondary campuses?

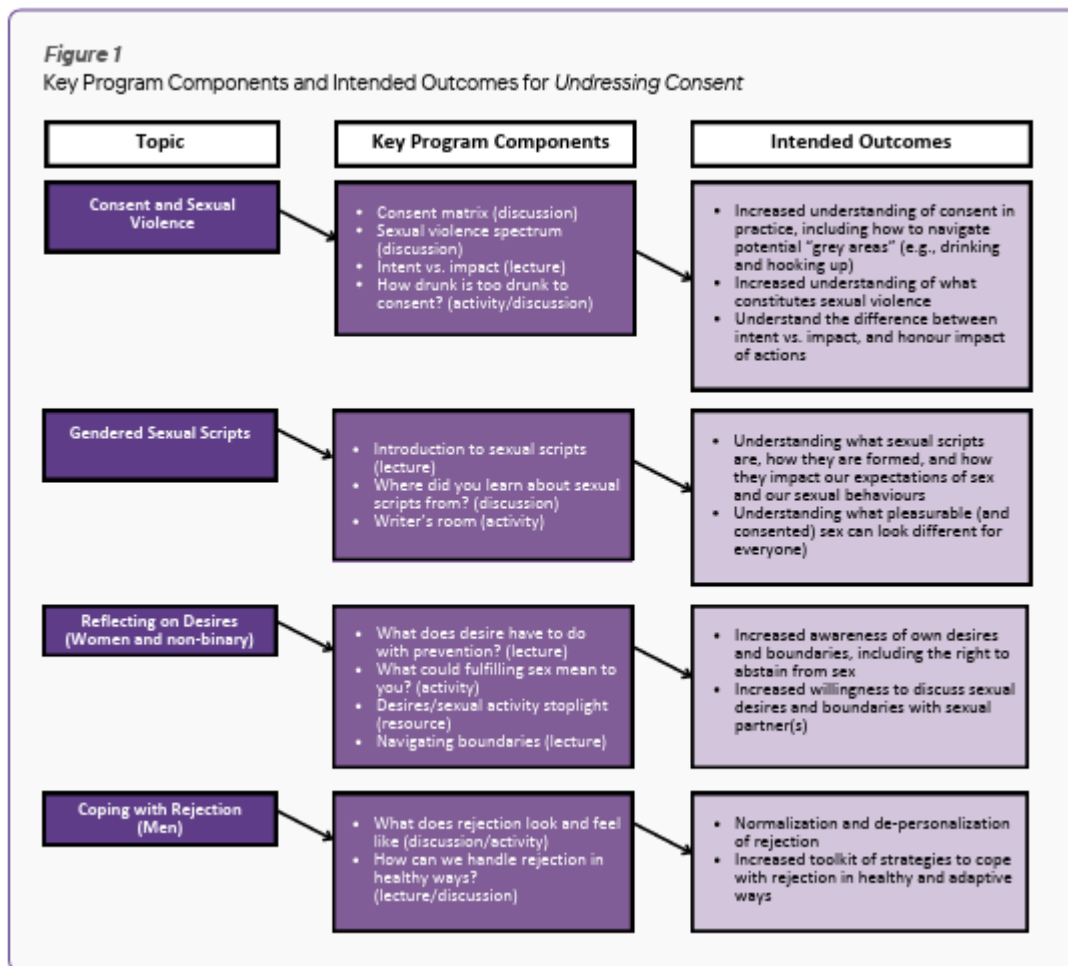
Gender-Based and Sexual Violence (GBSV) continues to pose a significant issue on university and college campuses throughout North America. Since 2021, Huron University College and King's College have invested in enhanced efforts to prevent sexual violence on campus (McQuaid & Wathen, 2022)¹. Among these efforts is the addition of a 90-minute, live-facilitated, interactive prevention program titled "Undressing Consent." This training was developed by Anova and delivered in partnership with the Centre for Research and Education on Violence Against Women and Children (CREAVWC) and the Student Experience office at Western, with contributions from many other departments and individuals at Western.

CREAVWC specifically supported the delivery of Undressing Consent in partnership with Huron and King's. Between July 2 and September 18, 54 sessions of Undressing Consent were facilitated with a total of 800+ students across Huron University and King's University College. Of these 54 sessions, 27 sessions were facilitated with male students, 28 sessions were facilitated with a mix of women and non-binary students, and 1 session was facilitated with only non-binary students. These sessions were facilitated by over 10 facilitators from diverse backgrounds to reflect the realities of students on campuses.

What does Undressing Consent cover?

It is a 90-minute live facilitated interactive prevention training program. It is delivered in small gender-separate groups. Figure 1 below shows the different topics covered by this education programming.

Figure 1
Key Program Components and Intended Outcomes for *Undressing Consent*



How does the Undressing Consent program work?

While the Undressing Consent sessions take place annually between July and September, preparation for the program begins well in advance. Each year, the CREVAWC team, in collaboration with teams from Huron and King's, meticulously works to define the process for implementing the program. Following the completion of the initial planning phase, CREVAWC shifts focus to hiring facilitators for the educational sessions.

Recruitment begins in March and extends through April, during which more than 10 part-time facilitators are selected to lead the Undressing Consent program. Once the hiring process is complete, the CREVAWC team, in partnership with the Student Experience office, provides comprehensive onboarding for the facilitators, which includes mandatory training designed to equip them with the necessary skills and knowledge to effectively deliver the program.

Facilitators play a pivotal role in the success of the Undressing Consent program. To ensure their continued development, CREVAWC provides ongoing learning opportunities, such as

asynchronous videos that further explore the core concepts of the program. Additionally, facilitators receive consistent support, including debriefing sessions whenever needed. After the hiring and training phases are concluded, CREVAWC proceeds to finalize the summer schedule. This is done with careful consideration of the number of students who need to complete the training, alongside the availability of facilitators. Furthermore, feedback from students is continuously monitored to assess the program's effectiveness and identify any areas for improvement or adjustment.

What is the impact of the Undressing Consent Program?

In 2023, CREVAWC with the support of Huron and King's conducted a program evaluation of Undressing Consent to better understand student perspectives of this program and this program's effectiveness in changing student knowledge, attitudes, and self-reported behaviours related to GBSV. CREVAWC conducted another iteration of program evaluation in 2024 with the aim to continually improve the Undressing Consent program and make campuses safer for students. Survey and focus group data were gathered between July 2023 and September 2023.

Perceptions of Sexual Violence and Consent Training

Before participating in the program, **726 students** from Western University, King's University College, and Huron University provided feedback on their perspectives regarding the significance of sexual violence and the importance of consent and sexual violence programming. From this sample of incoming students, **86%** agreed that sexual violence is either a **medium or a big problem** on university campuses (Figure 1) and **94%** agreed that consent and sexual violence training is **important or very important** (Figure 2). The majority of the incoming students who responded to this question (i.e, 72%) were signed up for sessions intended for **women and non-binary** students.

Figure 1

*How much of a **problem** do you think sexual violence is on university campuses?*

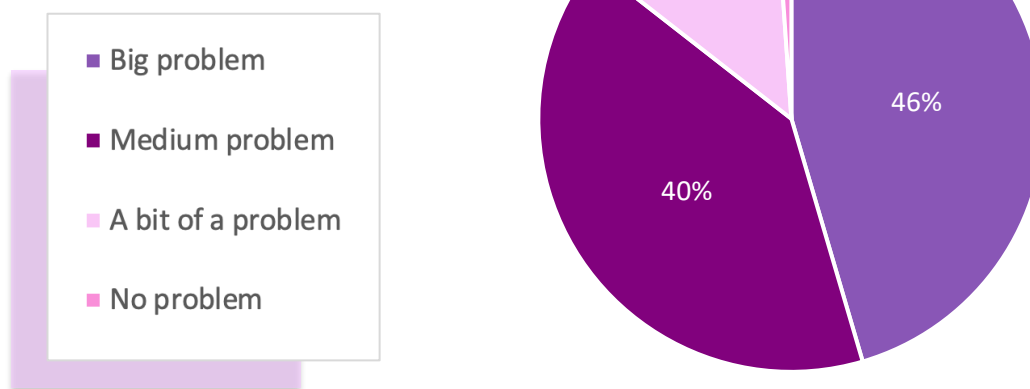
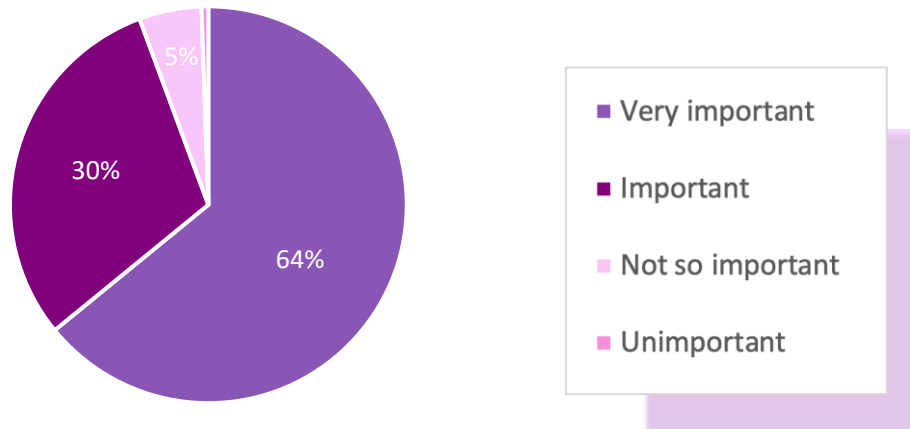


Figure 2

How *important* do you think it is for all students to receive mandatory consent and sexual violence training?

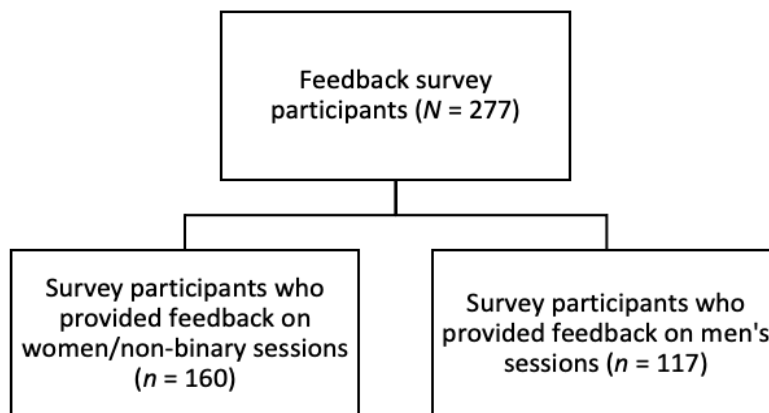


Student Feedback on Undressing Consent

During the implementation of Undressing Consent in 2024, **277 students from Huron and King's** provided feedback on their experiences participating in the program. Among this sample, **58%** of participants attended sessions intended for women and non-binary students and **42%** of participants attended sessions intended for male students (see Figure 3).

Figure 3

Sessions Attended by Undressing Consent Participants Who Provided Feedback



Satisfaction and Perceived Value

87% of students who provided feedback were either **satisfied or very satisfied** with Undressing Consent (Figure 4). Those students who attended the session intended for women & non-binary indicated higher satisfaction with Undressing Consent than those who attended the session intended for men.

Figure 4

Survey Participants' Satisfaction With Undressing Consent

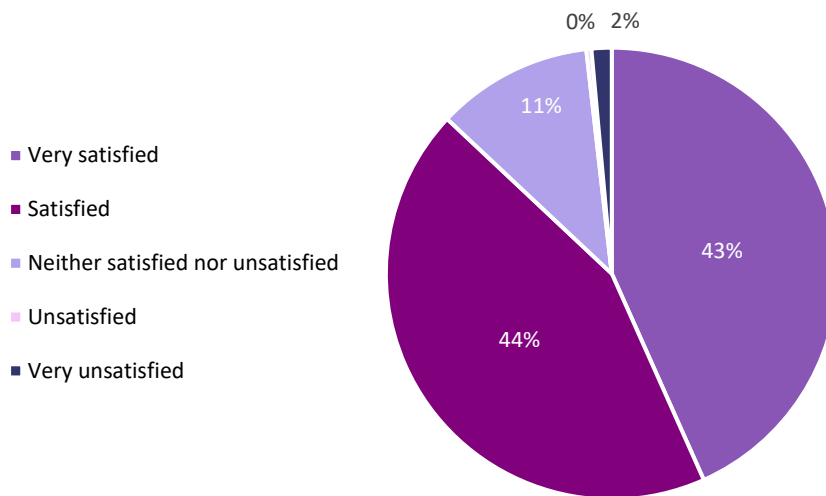
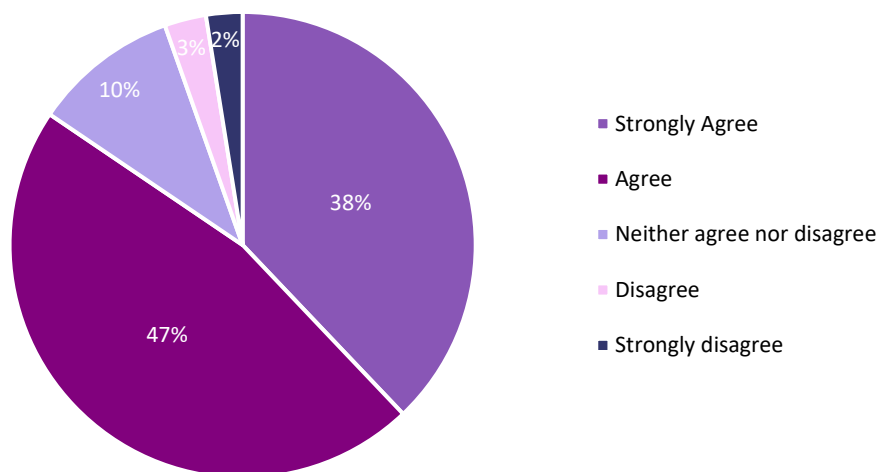


Figure 5 demonstrates the extent to which Undressing Consent participants considered Undressing Consent as a valuable learning experience for them. Based on the feedback survey, 85% of participants indicated that they either **strongly agreed or agreed** that participating in Undressing Consent was a valuable learning experience. Those who attended the women & non-binary session particularly saw Undressing Consent as valuable learning experience for them as compared to those who attended the men's session.

Figure 5

Survey Participants' Agreement With the Statement "Attending Undressing Consent was a Valuable Learning Experience for me."



Program Objectives

Overall, the majority of students believed that the program met its core objectives. Of the 276 participants who responded to questions asking whether they felt the program was effective in improving their communication about sexual activities and in unpacking sexual scripts, **82%** felt the program was effective in meeting its objectives related to improving students' **communication** about sexual activities and **88%** of participants felt the program was effective in helping students **unpack sexual scripts** (see Figure 6).

"Taking undressing consent changed the way I communicated about sexual activity. It is no longer an uncomfortable topic among my friends and I."

"I enjoyed learning about the statistics and the strategies to stay safe. It made me more comfortable that other people were getting this training especially [sic.] men."

Regarding students' ratings of the program's effectiveness in **unpacking sexual scripts**, survey participants who attended sessions for women and non-binary reported a **higher level of agreement** with this statement compared to participants who attended men's sessions.

"Undressing Consent made a difference in the way I reflected on my own desires. I was aware how media influences the [sic.] various aspects of my life but I didn't consider that it impacts my sexual life too. After the workshop, the idea of sex scripts/common sex stereotypes helped me navigate sexual relationships better."

Figure 6

Feedback Survey Participants' Perceptions of the Effectiveness of Undressing Consent in Improving Their Communication About Sexual Activities and in Unpacking Sexual Scripts

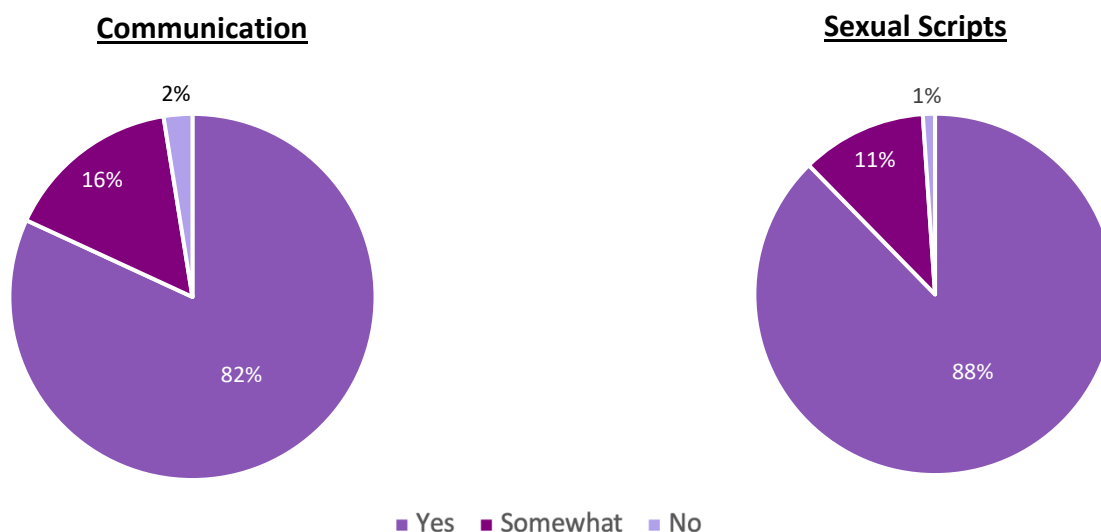


Figure 5 displays participants' perceptions of the program's effectiveness to meet objectives that were specific to the men's and women/non-binary sessions, respectively. Among students who attended the women/non-binary sessions and provided feedback on this question, **81%** reported that the program helped them better **understand their boundaries and desires**. Among those who attended men's sessions and provided feedback on the program's objectives, **86%** believed the program helped them better understand how to **manage rejection**.

"I think it helped me feel more comfortable vocalizing concepts related to sexual health and encouraged me to engage in self-reflection surrounding my own preferences."

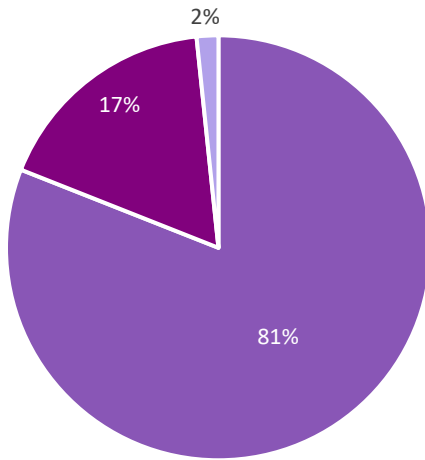
"Undressing consent definitely made the conversation regarding sex less stigmatized! It encouraged open conversations between my friends and I about boundaries, our preferences, and our interests, and made it a lot smoother."

"Undressing consent opened up new ways to see how consent is displayed (especially non verbally) and it also helped me rethink and understand my own sexual boundaries compared to my partner."

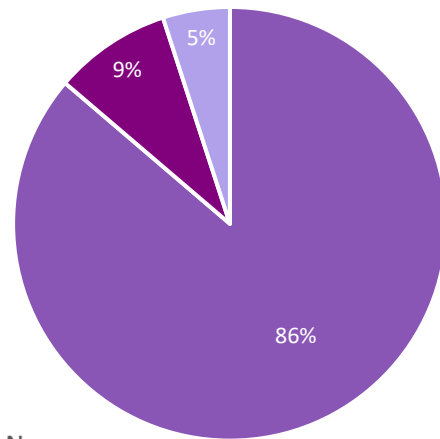
Figure 5

Survey Participants' Perceptions of how Effective Undressing Consent was in Better Understanding Personal Desires/Boundaries and Managing Rejection

Desires and Boundaries



Managing Rejection



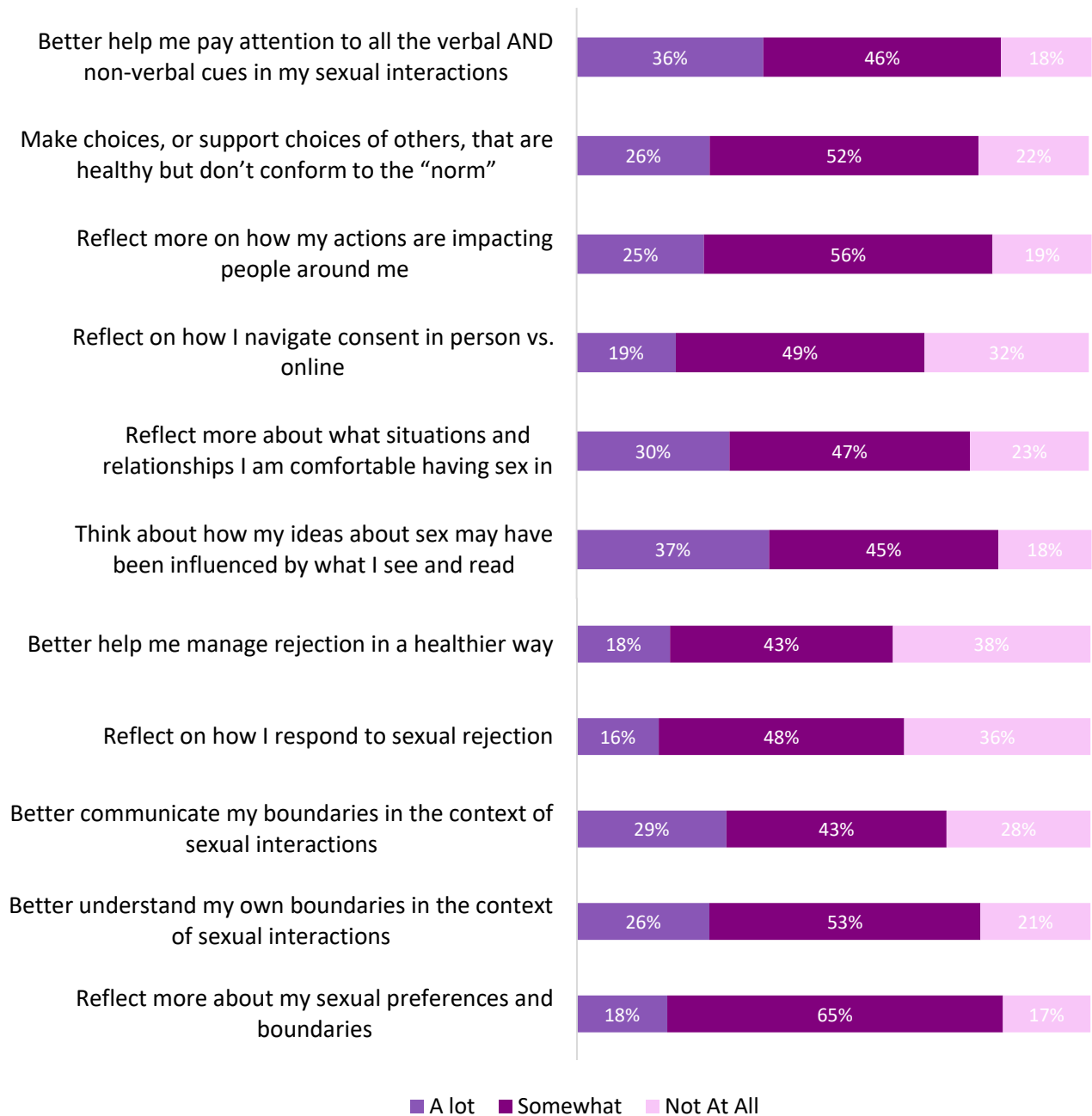
■ Yes ■ Somewhat ■ No

Perceptions of Undressing Consent

After participating in Undressing Consent, **182 students** across Western, Huron, and King's campuses responded to questions on our program evaluation survey that asked them to reflect on the potential impact of Undressing Consent on their **thoughts, feelings, and interactions with others** (Figure 7).

Figure 7

Students' Responses to the Prompt: "Did Undressing Consent lead me to..."



Overall, the majority of participants felt that the program helped them (i.e., either a lot or somewhat, specifically in **identifying cues** in sexual interactions, thinking more about what may influence their **perceptions of sex**, supporting **diverse choices**, and reflecting more on their **interactions** with others and on their own **boundaries and preferences**).

Beyond Numbers: Listen to Students' Voices

Students who felt that Undressing Consent made a difference for them most often shared that the program impacted their **understanding** of consent, increased their **comfort** with consent communication, and helped them **reflect** more on their boundaries and preferences. Some students shared that they appreciated knowing that all incoming students experienced the program—creating **shared knowledge and general expectations** regarding consent among their peers.

The majority of participants who felt that the program did not make a difference for them shared that they were either **already familiar** with the content, were **already comfortable** practicing consent, or felt that they **already aligned** with the values of the program.

Main Takeaways and Suggestions

During the implementation of Undressing Consent, Huron and King's students were provided with the opportunity to provide written comments on:

- Their major takeaways from the session
- Feedback about the program
- Other educational events, initiatives, or workshops they would like to see

Regarding their **major takeaways**, students most often discussed the importance of consent, including how consent communication can come in many forms and can look different for many people. Many participants also discussed the importance of setting boundaries, the value of their personal desires, and navigating sexual interactions in a way that keeps themselves and others safe. Some students shared that their major takeaways included how to manage rejection, learning about the influence of sexual scripts, and that sex looks different for everyone. A few students noted that their main takeaways included learning information about gender-based and sexual-violence (GBSV) and support services that are available for those who have experienced GBSV. Examples of students' responses regarding their major takeaways include:

“Major takeaway is that you need to be prepared prior to having sexual situations about how you will ask for consent, how you will keep yourself safe and how you will keep other safe, you have a right to your own body and everyone is responsible for making sure they do not cause harm to someone else regardless of how much they drank, who they are and what they are doing.”

“Consent can not only be verbal but it also has to be given by the actions of the person, also rejection doesn’t make you any less of a man than [sic.] before.”

“Sex looks different for everyone and there is no specific outline of what it means or entails. Also to be mindful of other people’s feelings.”

“How to better handle myself and other men in situations that can perpetuate sexual violence.”

Regarding participants’ **feedback** about the program, **the majority of** comments received for this question were positive and constructive. Many participants commented about the skills of **Undressing Consent facilitators**. Some of these comments included:

“I’d like to thank our hosts for an enriching and comforting session. I felt safe and listened to. It was an overall great experience.”

“The hosts were awesome they did a great job of making the meeting a safe and comfortable space.”

“The instructors/mentors: [Facilitator 1] and [Facilitator 2] were very down to earth and easy to connect to. They made me feel very comfortable and safe to process the information.”

Participants provided positive feedback on the **content, structure, and facilitation** of Undressing Consent. Specifically, participants appreciated that the program was informative and fostered a comfortable environment. Examples of participants’ comments include:

“I liked how open/blunt it was, there wasn’t really any judgement for your answers, and it felt comfortable to talk about everything.”

“It was very well done. It had its funny moments which made the meeting a little less scary about the main topic.”

“It was informative, realistic, and felt like a safe and open space for sharing and inquiring.”

“I liked that it was interactive, even though I didn’t talk much I enjoyed hearing other people’s opinions.”

Some participants shared **suggestions** for Undressing Consent facilitation, content, and areas to potentially expand on, which included:

- More interactive activities (e.g., Kahoot)

- Having an “order of events” or agenda sent out beforehand
- Inclusion of more LGBT+ topics and representation, including trans men, and opportunities for LGBT+ students to discuss queer issues and understandings of program content with people who would understand and relate
- Discussing the impact of other substances on consent
- Ways to anonymously contribute to the chat/discussion

When asked what other **educational events, initiatives, or workshops** they would like to see, students mentioned several educational opportunities:

- More in-person sexual health/sex positive trainings
- More information about safe sex and ways to protect themselves
- Discussion on how consent communication can evolve in long-term relationships
- More conversations about shame and mental health.
- Discussions about social justice, equity, inclusion, and discussions of identity-based violence toward racialized and queer people
- More education for men related to consent communication and “training for men to be more empathetic and sensitive to what their friends are doing [sic].”

Conclusion

Gender-Based and Sexual Violence (GBSV) remains a significant issue on university and college campuses across North America. Huron University College, King’s University College, and Western University have made efforts to address this by investing in initiatives to prevent gender-based violence. One key initiative was the implementation of the 90-minute, live-facilitated, interactive prevention program titled Undressing Consent. This report shows that students highly appreciate the program, with the majority considering it a valuable learning experience and expressing satisfaction with its content. Many students reported that the program helped them better understand their boundaries and desires, as well as how to navigate rejection. Furthermore, students indicated that Undressing Consent effectively met its objectives of improving communication around sexual activities and deconstructing harmful sexual scripts.

Despite these efforts, it is crucial to continue advancing these initiatives. As can be seen from the results, the majority of students who completed the pre-program survey agreed that sexual violence is either a medium or a big problem on university campuses and 94% agreed that consent and sexual violence training are important or very important. Students expressed a strong desire to learn more about these topics, including additional in-person sexual health and sex-positive training, information on safe sex and self-protection, and discussions on how consent communication evolves in long-term relationships. Ongoing investment in these initiatives will support the goal of making campuses safer for all.

References

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https://www.president.uwo.ca/gbsv/gbsv_pdf/acgbsv-report-2022.pdf
- Scott, K., Khanna, A., Vasudeva, A., Di Paolo, A., & Hooda, S. (2024). Impact of the Undressing Consent program on attitudes, knowledge and behaviours that contribute to sexual violence on university campuses. Centre for Research and Education on Violence Against Women and Children.